

# Should Your Get a Flu Shot?

*(Take this quiz and find out.)*

Please answer each of the following questions, then check your answers on the answer sheet.

1. What is the desired effect of a Flu shot?
2. How does a Flu shot supposedly work?
3. What system controls your immune system (and every other system in your body)?
4. If your immune system is functioning properly, should your body be able to resist a Flu virus?
5. Knowing that your nerve system controls your immune system, what could make your immune system weak?
6. What causes subluxations in your spine?
7. Are there chemicals in a Flu shot other than a Flu virus?
8. Are some or all of these “extra” chemicals harmful to your body if injected into your blood stream?
9. Might the chemical stress from a Flu shot be difficult for your body to adapt to?
10. Might it cause negative stress on your nerve system and/or cause subluxations?
11. What effect might that negative stress have on your body and its immune resistance?
12. What removes stress in your nerve system and allows it to function optimally?
13. Knowing that chiropractic adjustments remove nerve interference and allow improved function of your nerve system, how do adjustments affect your immune response?
14. What can you do to keep your immune response as high as possible?
15. Are Flu shots harmful?
16. Should you get a Flu shot?

Please check your answers on the following answer sheet.

# Should Your Get a Flu Shot? (con't)

## *Answers*

1. What is the desired effect of a Flu shot?  
**Answer:** Prevent the Flu.
2. How does a Flu shot supposedly work?  
**Answer:** By “boosting” the immune system.
3. What system controls your immune system (and every other system in your body)?  
**Answer:** Your Nerve System.
4. If your immune system is functioning properly, should your body be able to resist a Flu virus?  
**Answer:** Yes.
5. Knowing that your nerve system controls your immune system, what could make your immune system weak?  
**Answer:** Anything that would affect the function of the nerve system, especially subluxations in your spine.
6. What causes subluxations in your spine?  
**Answer:** Physical stress, Chemical stress and Mental stress (especially body impacts, chemical toxins and emotional stress).
7. Are there chemicals in a Flu shot other than a Flu virus?  
**Answer:** Definitely yes.
8. Are some or all of these “extra” chemicals harmful to your body if injected into your blood stream?  
**Answer:** Definitely yes.
9. Might the chemical stress from a Flu shot be difficult for your body to adapt to?  
**Answer:** Definitely yes.
10. Might it cause negative stress on your nerve system and/or cause subluxations?  
**Answer:** Definitely yes.
11. What effect might that negative stress have on your body and its immune resistance?  
**Answer:** Your immune resistance would be decreased.
12. What removes stress in your nerve system and allows it to function optimally?  
**Answer:** Chiropractic adjustments.
13. Knowing that chiropractic adjustments remove nerve interference and allow improved function of your nerve system, how do adjustments affect your immune response?  
**Answer:** Adjustments increase your immune response and resistance. \*\*A study published in 1994 showed that specific upper neck adjustments increased the CD4 white blood cell counts in HIV positive patients by 48% over the six-month duration of the study.
14. What can you do to keep your immune response as high as possible?  
**Answer:** Keep your family’s nerve system clear of stress through regular visits to your Chiropractor, eat healthier, exercise more, get sufficient rest and reduce stress levels especially during the flu and cold season.
15. Are Flu shots harmful?  
**Answer:** They most definitely can be. Do you remember the swine flu campaign? There is major concern in the scientific community right now that the astronomical rise in Autism rates and other disorders are directly related to vaccines.
16. Should you get a Flu shot?  
**Answer:** That is a decision that only you can make. Know all the facts first. For more info visit the National Vaccine Information Center\* at [www.nvic.com](http://www.nvic.com).

\* The National Vaccine Information Center is a nonprofit, education organization founded in 1982 by parents whose children were injured or died from reactions to the DPT vaccine and is dedicated to preventing vaccine injuries and deaths through public education.